

Landmark Foot & Ankle Center

Landmark Professional Building, 5249 Duke Street, Suite 212 Alexandria, VA 22304

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Recommended Shoes (Always assess shoes by a rigid non-flexible midsole)

**Women typically do better in a slight heel with a rigid midsole and not flats*

Ecco - Allen Edmonds

Johnson & Murphy - Clarks

Apex - Dansko

Sandals with better arch support (In general, wedges for women are recommended)

-Birkenstock - Chaco -Crocs (for house shoe)

-Hoka Recovery Sandals - Vionic -FitFlop

-Mephisto -Naot -Oofos

Slippers with Arch support or removable insole

-Giesswein - Vionic

-Ergo Foot -Orthofeet

Walking/Running Shoes (Avoid any shoe with a flexible midsole and zero drop shoe)

-Hoka – Bondi -New Balance – Fresh Foam

-Brooks -Asics

-Saucony - Mizuno